***Meditation***

There are different forms of Christian meditation. This is one way of meditating based on the way taught by the World Community for Christian Meditation which you may find helpful:

1. As you prepare to be silent and still, you may wish to set a timer so that you are not watching the clock as you meditate.

2. Position yourself comfortably your back straight. Close your eyes lightly.

3. At the start of the Silence pray:

**“Loving God,open our hearts to the silent presence of the spirit of your Son.**

**Lead us into that mysterious silence where your love is revealed to all who call, 'Maranatha…Come, Lord Jesus”**

John Main

4. Then in your head, silently begin to recite a single word – a prayer word. You could use the ancient Christian prayer "Maranatha" which means “Come Lord”: Ma-ra-na-tha. Say it as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and - above all - simply.

* *Keep it simple. Stay with the same word during the whole meditation.*
* *Don't visualise but listen to the word, as you say it. Let go of all thoughts (even good thoughts), images and other words.*
* *Don’t fight your distractions: let the distraction go and by saying your word faithfully, gently and attentively and returning to it as soon as you realise you have stopped saying or it or when your attention wanders.*

5. At the end of the silence, pray:

**Gracious and Loving God,**

**give us wisdom to perceive you,**

**diligence to seek you,**

**patience to wait for you,**

**eyes to behold you,**

**a heart to meditate on you,**

**and a life to proclaim you,**

**through the power of the Spirit of Jesus Christ our Lord. Amen**

Prayer of St Benedict

For more information on Christian meditation,

see <https://www.wccm.org/>